

The following guidelines are based on the [When to get a Covid-19 test, If you have Covid-19](#) and [Close contacts and contact tracing](#) pages from the BCCDC website.

When to get a COVID-19 test:

Health authorities have learned that most people do not need testing. Testing is most needed for people who have symptoms AND

- are at risk of more severe disease and [currently eligible for treatment](#)
- live or work in high-risk settings such as healthcare workers.

If you have [mild symptoms of Covid-19](#), *you do not need a test.*

If you have mild symptoms and are not required to be tested:

The majority of people will not have to be tested but there is still the need to self-isolate.

General guidelines as per BCCDC

Stay home and away from others until you feel well enough to return to your regular activities, and any fever has resolved for at least 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen.

Avoid non-essential high-risk settings such as long-term care facilities and individuals at higher risk for severe illness for 10 days after the start of your symptoms.

SDMHA specific information

Submit a [self-isolation notification form](#) to the association even if you only had symptoms for a day or two.

As per BC Hockey's email on January 13th, it is highly recommended to wear a mask even on the field of play for a minimum period of 10 days after the onset of symptoms.

Exceptions for those who cannot wear a mask during activity for medical reasons are permitted, but we do ask that everyone who can do so as this is a layer of protection for your teammates.

If you received a positive PCR or rapid antigen test (RAT), new guidelines have been implemented regarding the period of self-isolation.

General guidelines as per BCCDC

Please refer to the [BCCDC If I have Covid page](#) to determine your required period of self-isolation based on your specific situation. If you need assistance, please call 811 who can provide you with confidential guidance or feel free to email sdmha@telus.net who can help guide you through the process.

What to do if you are a close contact:

BCCDC defines a close contact as someone you have been near for at least 15 minutes when health and safety measures were not in place or were insufficient. They specifically identify

anyone you room or live with or have had intimate contact with as automatic close contacts but it can also extend to those who did not follow proper protocols.

General guidelines as per BCCDC

Please refer to the [BCCDC Close Contacts page](#) to determine your next steps based on your personal situation. If you need assistance, please call 811 who can provide you with confidential guidance.

SDMHA specific information

You do not need to inform the association if you are a close contact and do not have symptoms. If you develop symptoms, then please see the "When to get a Covid test" section above. We would strongly encourage anyone who is a close contact to wear a mask even on the field of play for a minimum period of 10 days after the last date of contact. Exceptions for those who cannot wear a mask during activity for medical reasons are permitted, but we do ask that everyone who can do so as this is a layer of protection for your teammates.

Reminder: If you are required to enter self-isolation protocols due to any of the above guidelines

1. Follow all requirements as per the [BC CDC website](#).
2. If you had any symptoms at any point, [complete this form](#) to allow the association to track all cases within individual and across all team/skill group/clinic settings.
3. Inform your team HCSP.
4. Update TeamSnap availability.